

PRE MASTERS STROKE DEVELOPMENT LESSONS

The goal of these lessons are to improve stroke techniques primarily for freestyle, but backstroke, breaststroke and an introduction to butterfly may also be included. These lessons are for those already having some basic swim skills and are comfortable in deep water. This is not a course for non-swimmers or beginners. For those planning to participate in triathlons or competitive swimming, I can offer specific coaching techniques to improve those skills.

Group Lessons are held
on Saturdays at the
Morgan Hill Aquatics
Center from 9a to 10a.

Private lessons are
available by
appointment

Fees:

Private Lessons

Resident: \$160 /CRC Member: \$150
Non Resident: \$170 / CRC Member:
\$160

Group Lessons

Resident: \$70 / CRC Member:\$65
Non Resident: \$75 / CRC Member: \$70

Coaches:

Tim Thornton

Lisa Rick

Ashleigh Lanning